

F★O★C★U★S

Resiliency Training for Military and Veteran Families



Resiliency is the ability to cope with, adapt to, and overcome challenges. Military and veteran families face many challenges as a regular part of life, such as combat and operational stress, separations, reunions, reintegration, transitions between occupations, and combat reminders. FOCUS helps active duty, Guard, Reserve, and veteran families plan ahead for these challenges by developing a personalized toolbox of skills specifically designed to meet their needs.

MANAGING FEELINGS • SETTING GOALS • COMMUNICATING • PROBLEM SOLVING • HANDLING STRESS

FOCUS Individual Family Resiliency Training sessions allow families to build their own story about military and post-military life experiences. This helps families to:

- Identify, manage, and discuss emotions
- Clarify misunderstandings and respect individual points of view
- Build on family strengths
- Feel closer and more supportive
- Use family-level problem solving and goal setting to empower the entire family

Foothill Family Service

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Foothill Family Service

Building Brighter Futures for Children and Families Since 1926

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85+ YEARS
SERVING FAMILIES

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